

## Non-weight bearing patient information

Due to your injury, the doctors have requested that you remain non-weight bearing on the affected limb for a period of time to allow healing to take place.

This means that you cannot take any body weight through that limb. This usually means you need to hop with the support of a mobility aid.

The physiotherapist will assist you to mobilise safely and will advise you about how this impacts on your lifestyle.

In the initial stages, it is important for you to elevate your limb to control swelling, decrease pain and encourage wound healing. This can be done lying on a bed, couch or chair with your leg elevated.

### How to conquer steps and stairs

- Make sure that you take the stairs slowly.
- If you feel nervous, have someone to stand close by.
- Remember that the crutches always stay with the sore leg.

Going upstairs = good leg – crutches – sore leg

Going Downstairs = crutches – sore leg – good leg



### Exercises

To ensure the best possible outcome for your injury it is important to maintain the muscle strength of your injured limb while you are non-weight bearing.

This is so that when your doctors advises you to begin weight bearing, the muscles are prepared for the change in activity level and can adjust quickly.

Please do these exercises four times daily, repeating each exercise 10 times. These exercises may cause some discomfort, but if you get any specific pain, you should discontinue the exercise.

### Static quads

Squash knee hard down into bed.  
Hold for 10 seconds then relax.



### Wedge quads

Use a wedge or pillow under your knee.  
Push knee down and lift heel off bed.  
Hold for 10 seconds then relax.



### Straight Leg Lift

Brace knee into bed, hold leg straight and lift 10 cm off bed.

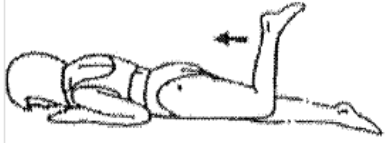


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If you require further medical assistance contact the 24 Hour Surgery:  
Phone 365-7777, 401 Madras Street.

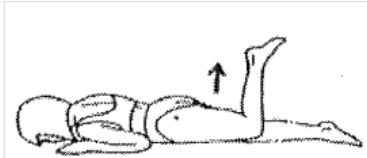
### Hamstrings

Bend knee up towards your bottom.  
Then straighten slowly.



### Buttocks

Bend knee up to a right angle.  
Lift thigh off the bed.  
Hold for 10 seconds, then relax.



### Side leg muscles

Lift leg up, keeping knee straight.  
Lower slowly.



### Calf stretch

Sitting with legs straight.  
Put a towel or sheet around foot.  
Pull foot towards you until you feel a stretch in the calf muscle.  
Hold for 15 seconds.



### Rehabilitation

As your injury heals the doctors will advise you of the changes to your weight-bearing status. Please ask the staff at the clinic for advice about these changes.

The medical staff may refer you to physiotherapy to assist with your rehabilitation.

If you have problems with achieving the full range of movement of the affected area, difficulty with walking, running, cycling or ongoing weakness, the physiotherapy would be helpful.

If you feel you would benefit from physiotherapy input to optimise your activity level, please seek the assistance of a physiotherapist.

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**24 Hour Surgery**  
**401 Madras Street**

**Urgent medical and accident care 24/7**

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